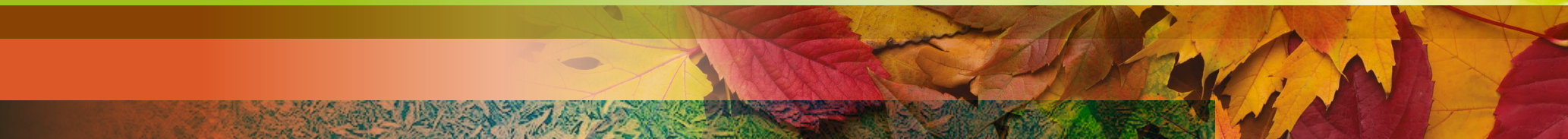
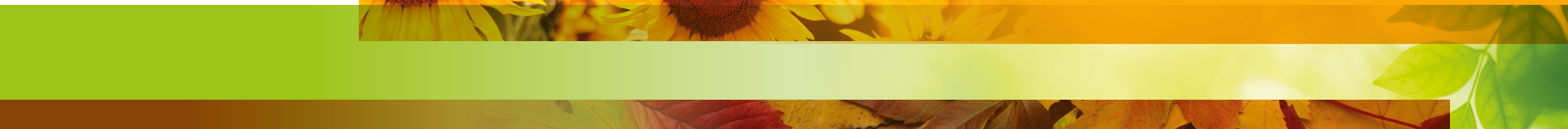


Public Health Annual Report 2022/23



Towards better health in 2023 and beyond, taking it one day at a time...

Salford City Council

Preface

Message from the Director of Public Health for Salford

This is the public health annual report for 2022/23. Unusually, we will be looking forward in time instead of looking back.

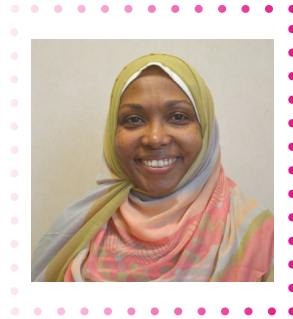
You will see this is a calendar for 2023/24 and we will refresh the calendar for 2024/25 next year so you can keep using the great resources. In this way, we can all plan in advance and work together for a healthier, greener Salford.

This calendar is brought to you by the Mental Health Champions for Salford, a group of committed individuals representing Partners in Salford.

We hope that by using this calendar, you find resources and tips to help you and your community, friends and work colleagues to Thrive in Salford.

If you haven't already seen it, there is a full account from public health and partners in Salford in last year's [public health annual report for 2021/22](#).

Dr Muna Abdel Aziz, April 2023



Making changes one day at a time...

Why this calendar?

The Public Health Campaign and Resource Calendar 2023 has been created by mental health champions from across the city of Salford representing the partners working together for a better, fairer, greener, safer and healthier city.

In 2021, all partners in Salford agreed we have a shared priority for mental health as the city emerges from the pandemic and continuing economic uncertainty. Partners wanted to reflect positivity and optimism going forward together and to work together so everyone who lives, works or studies in Salford can benefit from the great assets of the city.

Each month shines a spotlight on key areas related to mental and physical wellbeing.

It links to campaigns and resources which run at a national and local level, providing easy access to these campaigns and resources.

Across 2023 it can be used as a resource to support teams, organisations and communities to promote good mental health and wellbeing.

There is a focus on both mental and physical health.

There are pledges from the Salford Locality Plan which will support people to reach and maintain good health. This calendar helps make the pledges real and links them to campaigns across the city during the year, so they have the resources needed.

Some organisations are yet to release their 2023 campaign dates and materials so we have tried to predict the most likely dates based on the 2022 campaigns.

Some of the dates were not available on publication for the year ahead and some links refer to 2022 dates. Please feel free to browse the internet each month to get the most up to date resources for the activities you are interested in.

All these campaigns will be on the [Partners in Salford](#) webpages. As organisations update their campaign dates, the calendar links can be clicked through to organisations' websites for the most up to date details.

Further resources for mental wellbeing can be found on the [Thriving in Salford](#) webpages that are currently under construction and will be kept updated through the year.

CONNECT

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

GIVE

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

BE ACTIVE

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

April

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24 *	25 *	26 *	27	28	29	30

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Let go of your worries one day at a time

Notable dates *

- **Whole of April** – [Bowel Cancer Screening Month](#)
- [Stress Awareness Month](#)
- **7 April** – [World Health Day](#) marks the anniversary of the WHO which was founded in 1948
- **10 to 16 April** – [Parkinsons Awareness Week](#)
- **11 April** – [World Parkinsons Day](#)
- **17 April** – [World Hemophilia Day](#)
- **19 to 25 April** – [Multiple Sclerosis Awareness Week](#)
- **24 April to 1 May** – [World Immunisation Week](#)
- **24 to 30 April** – [Lesbian Visibility Week](#)
- **25 April to 1 May** – [Allergy Awareness Week](#)
- **26 April** – [On your feet Britain - On your feet Britain](#)

Stress Awareness Month

Why it matters?

Stress is a big issue for Britain today.

We need to learn how to cope and finding ways to deal with these situations can go a long way in living a healthy positive life.

What is stress? A heightened sense of pressure. It can affect any person at any stage of life.

Stress occurs due to a range of factors such as lifestyle changes, being under pressure and facing uncertainty.

One of the difficulties with stress is that people experience it in different ways. We all have bad days, but being stressed is so much more than that. It's important to notice where people experience stress more regularly, for a longer period of time, or it is impacting on them or their lives. We need to manage our stress levels to prevent serious stress related illness. Visit [the NHS website on stress](#) to find out more.

World Immunisation Week

Celebrated in the last week of April to highlight the collective action needed to protect people of all ages from vaccine-preventable diseases.

Cancer screening

Answer Cancer is the Greater Manchester Screening and Engagement Programme. It is run by a voluntary sector partnership that works to improve cancer awareness and increase uptake of cancer screening across Greater Manchester.

You can view the work carried out by [Answer Cancer here](#).

Thousands of people beat cancer every year. Treatment is often simpler and more effective the earlier it begins. So, if you are worried about something that may be cancer, it's really important that you see your GP. It may be nothing to worry about but acting early could save your life. For more information, visit the [NHS choices website](#).

Did you know that around four in ten of all cancers diagnosed in the UK are caused by lifestyle and environmental factors? Tobacco smoking is by far the largest cause of cancer in the UK.

Overweight and obesity is the UK's biggest cause of cancer after smoking (Cancer Research UK).

For free, confidential and local advice on healthy lifestyles, including help to give up smoking, visit [Salford's Health Improvement Connect](#).

"I am grateful the screening was offered as my cancer was detected early and surgery actioned straight away."

"I would like to say thank you to Bowel Cancer Screening programme. Without this screening I would not have found out I had bowel cancer. I've had an operation and am very hopeful the cancer has been removed."

My Pledges

I will keep as active as possible and check that my vaccination and my children's vaccines are up to date to protect myself and my family.
.....

I will take up the offer of screening when I am invited.
.....

I will take part in the 30-day challenge. Pick one action from your physical, mental and emotional wellbeing to carry out every day. It takes 30 days to turn actions into habits.
.....

I will let my friends, family and loved ones know that I am taking part in the 30 day challenge and inspire each other to do this together.
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May

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Notable dates*

- **Whole of May** – [National Walking Month](#)
- [Sun Awareness](#)
- [Greater Manchester Walking Festival](#)
- **12 May** – [International ME Awareness Day](#)
- **15 to 21 May** – [Mental Health Awareness Week](#)
- **17 May to 17 June** – [National Smile Month](#)
- **21 May** – [World Meditation Day](#)

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Spend time outside and smile

Physical activity and mental health

The link between physical activity and mental health is well established. 'Be active' is one of the NHS' five ways to wellbeing:

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

During May there are a number of national campaigns and local events to support people in getting moving, getting outside and becoming more physically active.

Find out more about getting [Moving in Salford](#).

While you are out and about this summer, please remember to be Sun Safe.

National Smile month

There is a close connection between mental health and oral health. Those who experience mental illness can also suffer with poor oral health. Some of the most common mental health conditions can have a negative impact on a person's oral health, including anxiety, panic attacks, depression, obesity, eating disorders and obsessive compulsive disorders. Research has shown that those experiencing mental health difficulties can sometimes avoid dental care so much that their oral hygiene is neglected leading to gum disease and dental decay.

Supporting healthy smiles

The Salford Public Health team aims to improve oral health, starting with children up to the age of five and vulnerable adults in care. The team has a programme where children in early years and reception class can take part in a brushing scheme using a fluoride toothpaste in school. They are provided with fluoride toothpaste and a toothbrush to take home and are encouraged to use these twice a day. Staff are given training on dental decay prevention so they can help young children form good oral hygiene habits.



My pledges

I will take control of my day to day stress and anxiety using simple techniques using the Thrive app. [Thrive: Mental Wellbeing App](#)

Evidence-based apps to support mental wellbeing can be found here: [ORCHA](#)

I will support the [Salford Environment Forum](#)

The Salford Physical Activity Framework is currently being updated – look out for the new release online.

I will take part in the [Greater Manchester Walking Festival](#) in May.

June

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Notable dates*

- 1 to 7 June – [Volunteer Week](#)
- 3 to 4 June – [We Invented the Weekend: The Festival of Free Time](#)
- 5 to 11 June – [Carers Week](#)
- 8 to 15 June – [Bike Week](#)
- 10 to 17 June – [Diabetes week](#)
- 12 to 18 June – [Men's health week](#)
- 20 to 26 June – [Cervical Cancer Awareness Week](#)

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Making a difference



June is the month to celebrate doing good for others. From 1 to 7 June, it's **Volunteer Week**. Volunteering is a great way to give back to your local community, make connections with others and [improve your wellbeing](#).

Salford CVS can find help you find a volunteering role in Salford. For more information check out their volunteering site to [find out where you can volunteer](#).

Carers make a huge difference to the lives of the people they support. From 5 to 11 June it's **Carers Week** which is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

[Support and benefits for carers - NHS](#).

If you are a carer in Salford and need support, you can [contact the Gaddum Centre](#) which provides practical support for both young and adult carers.

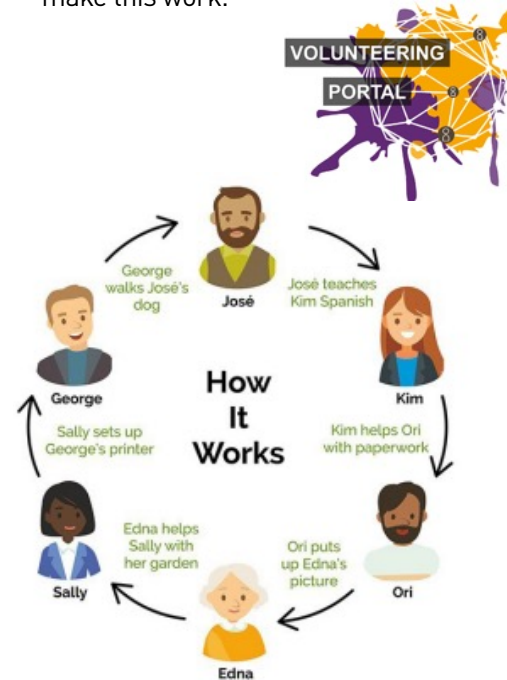
Throughout June it's **Pride Month** – LGBTQ+ people experience high levels of health and social inequalities and Pride Month is an opportunity to recognise the valuable contribution the LGBTQ+ community make to Salford.

If you are LGBTQ+ and want to find what support is available for you in Salford visit: [LGBT support • Salford City Council](#).

Volunteering in the community

You may want to look into starting a time banking scheme where everyone's time has equal value and we are swapping our time and skills with each other.

Already many communities are doing this informally and they may want to look into [Time banking resources](#) to make this work.



My pledges

This month I will explore volunteering opportunities to contribute to my local community with Salford CVS. I will check out the live board for [Salford CVS Activities, campaigns and groups](#) to join in the activities.

I will celebrate [Carers Week](#) and take part in the [The Festival of Free Time](#), [The Pink Picnic](#), and the other health promotion activities going on this June.

I will recommend the [DIY Man MOT](#) to my family, friends and loved ones.

July

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31						

Notable dates*

- 1 July - International Joke Day
- 3-9 July - [Alcohol Awareness Week](#)
- 16 July - [Disability Awareness Day](#)
- 18 July to 17 August - [South Asian Heritage Month \(Stories to Tell\)](#)
- 24 July - [Samaritans Awareness Day](#)
- 28 Jul - [World hepatitis day](#)
- 30 July - [International Day of Friendship](#)

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Out and about this summer



Holiday and activities food programme

The holiday and activities food programme is run during Easter, summer and Christmas school holidays and offers help to deal with children’s holiday hunger, inactivity, isolation and learning loss. The programme offers a minimum of one meal per day, a minimum of one hour of physical activity per day and a wide range of activities including drama, craft, theatre and much more.

The programme is funded by the Department for Education and is for children eligible for free school meals but it can also support children who may be vulnerable in other ways.

Dates for 2023 are yet to be confirmed but the link below will take you to the summer 2022 web page while it is being updated for 2023.

[Summer fun • Salford City Council](#)

Since 2011 the United Nations has promoted the International Day of Friendship. This year it’s taking place on 30 July.

Friendships can be an important part of bringing communities together and [connection](#) is one of the ‘5 Ways

to Wellbeing’. This July, why not take a moment to chat or meet up with a friend or neighbour?

The UN has more information and resources on their website: [International Day of Friendship](#)



World Hepatitis day

[World hepatitis day](#) on 28 July is being recognised across all Achieve sites in Salford. Achieve is the name for the substance misuse service in Salford and they want to encourage people to get tested so they can get treatment early.

Those who take part in testing for blood-borne viruses may get a £5 love2shop voucher. The vouchers are provided by Hep C U later. Look out for events advertised in Achieve services and in local pharmacies and hostels.

Tips on cutting back on drinking

Summer is a time when many people enjoy holidays and relax. It’s possible to have a good time and look after health while drinking sensibly.

Alcohol is the biggest contributor to liver disease.

You can cut back on drinking by just aiming for less and staying within the low-risk guidelines.

You can download an app to:

- Keep track of drink-free days
- Get simple and practical tips to help control drinking
- Receive reminders when you need it most
- Celebrate milestones

For specialist drug and alcohol treatment or advice contact [Achieve Salford](#) on 0161 358 1530.

If you are under 21 or are concerned about a child’s drug or alcohol use, contact [Achieve Young People’s service](#) 0161 723 3880.

My pledges

I will join in summer activities in my neighbourhood and make new friends.

This month, I will find out if I am at risk of hepatitis by getting my blood tested with [Achieve Salford](#).

I will find out [what is happening in Salford](#) to get me out and about this summer.

I will attend [Disability Awareness Day activities](#) nearby.

August

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Notable dates*

- 1 to 7 August – [World Breastfeeding Week](#)
- 7 to 13 August – [National allotments week](#)
- 12 Aug – [International Youth Day](#).
Be seen, Be heard.
- 19 Aug – [World Photo Day](#)

Try something new



Benefits of creative activities on mental health

Whether you're drawing, knitting, singing, dancing, playing music or even gardening, creative activities can have significant benefits for your mental health and wellbeing. Learning something new is also one of the 5 Ways to Wellbeing.

Increases happiness

When you're completely absorbed in something, this can help to increase positive emotions and reduce anxiety. Repetitive activities like knitting and drawing can increase dopamine in your brain, the chemical which helps us feel good.

Improves mood

By having a calming effect on the mind and body, creative activities can benefit people with negative feelings. Studies show activities such as drawing and painting can help people express or manage their feelings and emotions in a more positive way.

Increases brain function

Good news for music lovers. Studies show people who play a musical instrument have increased connectivity between the left and right parts of their brain which can help improve brain function. There's also evidence that using music as part of therapy for dementia can help to reduce agitation and the need for medication.

Ideas for creative projects

Write a poem or short story

Start off with an idea, jot down the main points and get writing. Writing can help develop analytical and research skills and can help clear the mind.

2. Start a photography project

Think of a theme to focus on and start to build a collection of photographs. The more you do it the better you will become at things like lighting and framing images.

3. Start drawing or painting

If you start to draw or paint regularly you'll quickly notice how your observation begins to improve. You'll also see relaxing benefits of sitting and focusing on one thing.

4. Try new craft-based activities

Crafts are a fantastic way for beginners to get hands on and focus on their creativity. Crafts vary from knitting to jewellery making.

5. Start gardening

Gardening is a relaxing way to get outdoors, closer to nature, while also being creative. Do some research on what plants and arrangements you would like and would suit your garden.

Calling all new mums, dads and families

Babies respond to positive, responsive relationships with their parents and carers. These interactions help babies to regulate their emotions and behaviours, support brain development and make positive attachments with others. [Breastfeeding](#) is the best nutrition for babies and can improve attachment between mother and child as well as better health.

Things to do in Salford

[Craft socials](#) at Salford Museum and Art Gallery

[Life drawing](#) at Salford Museum and Art Gallery

[Craft and gardening workshops](#) at Ordsall Hall

[Learn to play an instrument](#)

[Take a walk around your local art gallery](#)

September

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Notable dates*

- 4 to 8 September – [Zero Waste Week](#)
- 5 to 11 September – [Know your numbers week](#)
- 6, 8 and 18 September – [Read a Book Day, International Literacy Day, and Read an eBook day](#)
- 10 September to 10 October – [Month of hope](#)
- 10 September – [World Suicide Prevention Day](#)

Our month of hope



Month of hope

The month of hope runs from 10 September ([World Suicide Prevention Day](#)) to 10 October ([World Mental Health Day](#)). The campaign encourages people to have open conversations with each other, raising awareness of suicide prevention and sharing positive messages of hope.

Debt, job security and reduced income are some of the contributory factors associated with an increase in stress and anxiety during the cost-of-living crisis.

There is information about [where to get emotional health support here](#).

The Samaritans can be called for free at any time on 116 123. You don't have to be trained to save a life, encourage someone to talk and open up. For more information about support for suicidal feelings or supporting someone else, visit: shiningalightonsuicide.org.uk

Greater Manchester Mental Health (GMMH) have a free [24/7 mental health crisis helpline](#) for all ages. If you are worried about your mental health or feeling as though you are in mental health crisis, you can call 0800 953 0285.

Suicide memorial quilt

The Greater Manchester Suicide Memorial Quilt was created during the COVID-19 lockdown by people bereaved by suicide. Follow the link below to read their stories:

[Speak Their Name: Greater Manchester Suicide Memorial Quilt | Shining a Light on Suicide](#)



In September and October 2022 RHS Bridgewater held 'Wellbeing Walks of Hope' to raise awareness of suicide prevention and mental health and wellbeing: [RHS Wellbeing Walk of Hope - GM Walking](#)

Know your numbers week 5 to 11 September

High blood pressure is a risk factor for a range of diseases and conditions, including stroke, heart disease, kidney disease, and vascular dementia.

Most people do not have symptoms of high blood pressure and may not realise they have it. The NHS

recommends adults over 40 years old should have their blood pressure checked at least every five years.

Knowing your blood pressure and keeping it in a healthy range can help you make healthy changes. These include reducing the amount of salt you eat, cutting back on alcohol, losing weight if you're overweight, exercising regularly, cutting down on caffeine and stopping smoking.

Many changes which can lower your blood pressure can have other good health effects.

Have a look at the [NHS](#) and [Blood Pressure UK](#) websites for more information and advice about having your blood pressure checked and keeping it within a healthy range.

No matter what you're going through, you should not have to do it alone. The Hub of Hope is a national database that brings together local mental health services. [Find support near you now](#)

My pledges

This month I will know my numbers and go to get my blood pressure checked
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I will keep learning about mental health and wellbeing support.
.....

I will [Learn to Save a Life | Shining a Light on Suicide](#)
.....

October

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Notable dates*

- Whole of October –
- [Black History Month](#)
- [Breast Cancer Awareness Month](#)
- 1 October – [Stoptober 28 day challenge](#)
- 5 October – [National Poetry Day](#)
- 10 October – [World mental health day](#)
- 17 October – [International Day for the Eradication of Poverty](#)
- 19 October – [International Credit Union Day](#)
- 30 October to 3 November – [International Stress Awareness Week](#)

Balance your finances



Why it matters

The national cost of living situation can cause stress. The struggle to heat your home, pay your bills and buy essentials may take a significant toll on your mental health when dealing with these issues.

Every company that pays the Real Living Wage reports they are more productive and more able to keep staff because their employees feel valued. They also find it easier to recruit as people want to work for an organisation which values them and customers value it too. It puts money into the economy and allows people to live in dignity without worrying about making ends meet.

More information can be found here:

[Support with the Cost of Living • Salford City Council](#)
[Cost of Living Support](#)

Salford Credit Union

The credit union provides affordable loans and help with money to members. This can help people budget and cope with unexpected emergencies as well as encouraging saving, often for the first time. For more information call 0161 686 5880 10am to 12noon Monday to Friday or email info@salfordcreditunion.com

Resources and links:

The Welfare Rights and Debt Advice Service offers independent specialist advice for any Salford residents and Salford City Council employees.

The welfare rights team offers advice from identifying missing or incorrect benefits and tax credits, submitting claims, through to challenging decisions using a range of legal remedies.

Debt advisers work with people who have complex debt issues, focussing on clients who struggle to access mainstream advice. They advise on priority debts, rent arrears and council tax arrears, fuel, court fines, as well as a range of non-priority debts. They can represent in court possession

proceedings, advise on bankruptcy and are qualified to arrange Debt Relief Orders.

More information is here: [Welfare rights advice • Salford City Council](#)
[Salford Assist](#) and [Salford Housing Options](#) can also help, or call the council's [Spirit of Salford helpline](#).

Get out of debt safely

Avoid illegal and payday lenders. Loan sharks are criminals who lend money at extortionate rates of interest and use threats to keep victims trapped in an endless cycle of debt. Confidential help is available to break free from a loan shark or call 0300 555 222. People who borrow from them won't be in trouble - the loan sharks are breaking the law.

My pledges

This month I will take the [28-day challenge](#) and get help to stop smoking – **Stoptober starts on 1 October**. If you can stop smoking for 28 days, you are five times more likely to quit permanently. When people [stop smoking](#), they feel more positive.

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I will donate to local food banks and charities. More information can be found here: [Salford Foodbanks \(salford CVS\)](#)

.....

I will take part in national poetry day [National Poetry Day](#) - the UK's biggest mass-participation celebration of poetry

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November

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Notable dates*

- Whole of November – [Movember](#)
- 30 October to 3 November – [International Stress Awareness Week](#)
- 1 November – [World Stress Awareness Day](#)
- 20 - 24 November – [Safeguarding Adults week](#)
- 25 November – 10 December – [16 days of action against domestic abuse](#)

Ease the pressure at home and work



What is workplace stress?

Stress is a heightened sense of pressure. It is normal to feel some pressure at work. It's harmful when it's overwhelming and affects how you feel about yourself, your work and the world.

Stress at work occurs due to factors such as sense of control, stimulating work that is not repetitive, and/or when facing uncertainty about a job or change of job. Sometimes it is due to relationships at home or at work.

It is always helpful to understand how situations are affecting you. You can talk through issues at work or home with a trusted friend, colleague or an advisor at work or in the community.

You can familiarise yourself with the arrangements at work to help get a [stress risk assessment](#).

16 days of action against domestic abuse is an international campaign which starts with White Ribbon Day on 25 November and ends with Human Rights Day on 10 December.

If you think someone you know is being abused, bring the topic up when you know their abusive partner is not around. Let them know you are

concerned and want to help. Try not to criticise their partner but focus on their safety. If you know someone who you think is being abused, there is [help and advice](#).

More information and support

Mental health charity MIND:

[What is stress?](#)

[Work and stress | Mind, the mental health charity](#)

[The NHS self-help guide for stress](#)

[Every Mind Matters - NHS](#)

[Living Life to the Full](#) (free online Cognitive Behavioural Therapy course)

In an emergency

Sometimes stress can feel so overwhelming some people may consider harming or taking their own life. If you ever reach this point please do not suffer alone, there are people who can help. Call 999 in an emergency, or 111 for non-emergencies.

Safeguarding Adults Week 2023 - 20 to 24 November

This week is an opportunity for organisations to come together to raise awareness of important safeguarding issues. The aim is to highlight key safeguarding issues, start conversations and raise awareness of best practice.

You can find more information on the Ann Craft Trust webpages [Safeguarding Adults Week - Ann Craft Trust](#)

My pledges

I will make better use of [local green space](#) and parks and gardens to help improve my blood pressure.

I will take control of my day-to-day stress and anxiety using simple techniques using the [Thrive app](#)

I will find [help and advice](#) for someone if I am concerned about them at home or at work.

I will protect myself and my loved ones this winter by [getting vaccinated](#). This helps me worry less, feel safer, and enjoy life without worrying about the risk of serious illnesses. [What is stress?](#)

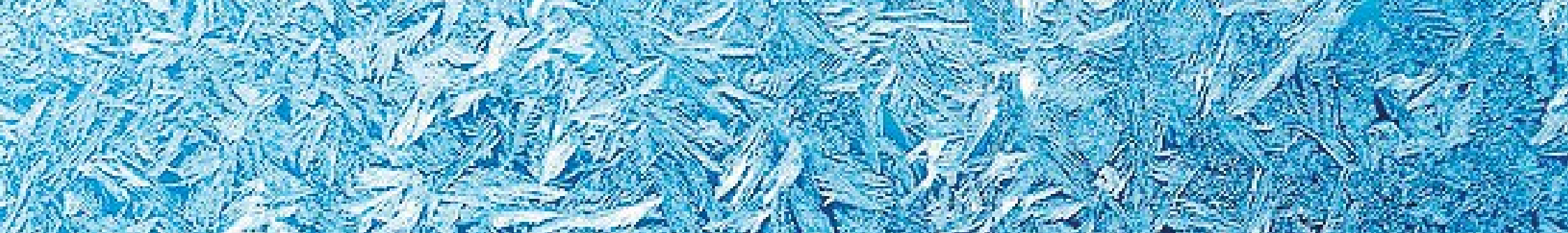
December

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25	26	27	28	29	30	31

Notable dates*

- 1 December – [World AIDS Day](#)
- 2 December – [Fuel Poverty Awareness Day \(FPAD\)](#)
- 3 December – [International Day of Persons with Disabilities](#)
- 10 December – [International Human Rights Day](#)

Health at home



Keep warm, keep well

A roof over your head, warmth and shelter are key to physical and mental health. Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression. If you privately rent your home and feel your home has issues such as damp or disrepair your landlord is not dealing with, you can get support from the council's department for [housing standards](#). If you are a homeowner, you can get help with [home maintenance and improvements](#).



At risk of becoming homeless in Salford?

The top three reasons people can become homeless are the end of a private rented tenancy, being asked to leave by family or friends, or domestic abuse.

Other reasons include rent or mortgage arrears or relationship breakdown. If you are struggling to pay rent, contact your housing association or the council. More than 300 households each year in Salford are helped to stay in their home when they were at risk of losing it.

Make use of the top tips for housing and health as promoted on the [Salford City Council Housing website](#) and [Warm Salford • Salford City Council](#).

Other helpful sources of help

[Salford Housing Options Point \(one stop SHOP\)](#) Salford Home Search for tenants

[Salford Property Link](#) – letting agency for landlords

You can get extra help from

[Welfare Rights and Debt Advice Service](#)

[Salford Assist: Help when you really need it](#)

If you are a veteran or a care leaver, you can get help for your housing, health and education. [Housing advice | Welfare and benefits | SSAFA](#)

[Post-16 and care leavers • Salford City Council](#)

Information to help with looking after your home

[Looking after your home advice](#)

[Keep your home free from damp and mould](#)

[Improve energy efficiency in the home](#)

[Helping Hands, Handy person Service](#)

[Problems with your water pipes?](#)

My pledges

I will reduce my energy bills by checking I'm on the best tariff for my needs.
.....

I will check my neighbours are ok where I know someone who could be vulnerable in the bad weather.
.....

If a tenant, I will ask my housing association how I can get involved to make things better for all their tenants.
.....

I will use the resources for looking after my home and keeping warm. I will ask for help where I may need it.
.....

January

MON	TUE	WED	THU	FRI	SAT	SUN
1 *	2	3 *	4	5	6	7
8	9	10 *	11	12	13	14 *
15 *	16	17	18	19	20	21
22	23 *	24	25	26	27	28
29	30	31				

Notable dates*

- 1 January - [Dry January](#)
- 3 January - [Change4Life](#)
- 10 January - [National Obesity Awareness Week](#)
- 14 January - [STIQ Day](#)
- 15 January - [Brew Monday](#)
- 23 January - [Cervical Cancer Prevention Week](#)

New Year resolutions for body and mind

Dry January

[Dry January](#) is a campaign run by Alcohol Change UK every January. Dry January is the UK's one-month challenge. It isn't about giving anything up. It's about getting something back: fun, energy, calm.

One month alcohol-free can reduce blood pressure, reduce diabetes risk and lower cholesterol. More information and support is available at [Alcohol Change UK](#) or [Drinkaware](#).

If you need more specialist support, [Achieve Recovery Services](#) run drug and alcohol recovery services in Salford.

If you are dependent on alcohol, stopping drinking suddenly can be very dangerous. If you are dependent on alcohol or have experienced symptoms after stopping drinking alcohol you should get help from a medical professional to reduce drinking safely. [Alcohol support - NHS](#).

Cervical cancer prevention

One in three women do not take up their screening invite. In England around 800 women die from cervical cancer each year.

HPV vaccination, cervical screening, and treatment for cell changes can all help prevent cervical cancer. More information is found at [Jo's Trust](#).

Obesity

Obesity in the UK has trebled since the 1980s. Already, around one-third of children and two-thirds of adults in England are overweight or obese. If trends continue, by 2050 only one in ten of the adult population will be a healthy weight.

Obesity can also have a profound effect on mental health. This includes a higher risk of depression, poor self-esteem, and issues with body image.

More information on how to lose weight can be found at [NHS - Better Health - Lose Weight](#).

Sexually Transmitted Infections

Your sexual health is a key part of your physical, mental and social wellbeing. Taking care of your [sexual health](#) is important.

Brew Monday

Samaritans run the [Brew Monday](#) campaign on the third Monday in January.

Veganuary

Try the [Veganuary](#) challenge and cut out meat and dairy products to help your health and the planet. All these delicious recipes are plant based and good for you.

My pledges

This month I will drink less alcohol and use the online resources available to help me. [Alcohol support](#). Try the Alcohol Change UK quiz

.....

Use the five ways to wellbeing to plan at least five ways to thrive in this new year. [Five Ways to Wellbeing Postcards](#).

.....

This month I will try the Veganuary challenge and see how I can improve my eating and drinking habits for the whole year.

.....

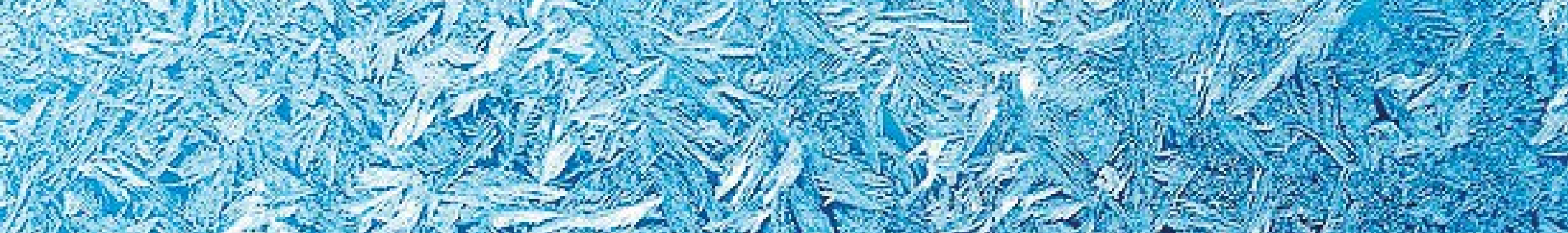
February

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3 *	4 *
5	6 *	7 *	8	9	10	11
12	13	14	15	16	17	18
19	20 *	21	22	23	24	25
26 *	27	28	29			

Notable dates*

- 3 February - [Time to Talk Day](#)
- 4 February - [World Cancer Day](#)
- 6 February - [Children's Mental Health Week](#)
- 7 February - [National Apprenticeship Week](#)
- 20 February - [World Day of Social Justice](#)
- 26 February - [Eating Disorders Awareness Week](#)

Learning is a lifelong journey



Learning: why does it matter?

We learn everyday. Not just through formal learning in a classroom, which some may not enjoy, but when we respond to the world around us and develop our knowledge and skills in everyday life.

Learning throughout our lives and not just at school can help build confidence, access better opportunities and connect with others. It can also help to reduce stress and improve cognitive function as we get older.

Salford Learning City

Salford has set up a partnership which includes organisations with different approaches to learning including schools, higher education providers, arts bodies and creative community groups as well as residents with a desire to learn more. Find out more here: [Salford Learning City | MyCity Directory](#)

National Apprenticeship Week

brings together organisations and apprentices across the country to shine a light on the positive impact apprenticeships make to individuals, organisations and the wider economy.

For 2023, the theme was **Skills for Life**. Apprenticeships can help individuals develop skills and knowledge for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.

Helpful Links:

Support with Jobs, Skills and Work

[Jobs, skills and work](#)

[Adult Learning](#)

[Social and special interest groups](#)

[Salford CVS Community Groups and Activities](#)

[Age UK Salford | Activities and events](#)

[Salford Community Leisure](#)

Daily Mile

The Daily Mile is a free initiative taking place not just in Salford but worldwide, that enables children of all ages and abilities to be physically active everyday in schools and early years settings. It is simple and easy to embed in everyday learning to support children’s mental and physical health and wellbeing.

For more information visit [The Daily Mile | UK](#)

My Pledges

This month I will consider the different ways I can take part in lifelong learning:

Develop a new skill (e.g. cooking, sewing, public speaking)

Self-taught study (e.g. learn a new language, research a topic of interest)

Learn a new sport or activity (e.g. joining a dance class, swimming, learn to meditate)

Learn to use a new technology (e.g. smart devices, download a podcast of interest, new software application)

Acquire new knowledge (e.g. take a self-interest course via online education, or classroom-based course)

March

MON	TUE	WED	THU	FRI	SAT	SUN
				1 *	2	3
4 *	5	6	7 *	8 *	9	10
11 *	12	13	14 *	15 *	16 *	17
18	19	20 *	21	22	23	24
25 *	26	27	28	29	30 *	31

Notable dates*

- 1 March – [Self Injury Awareness Day](#) – #SIAD
- 4 - 11 March – [Salt Awareness Week](#)
- 7 March – [World Book Day](#)
- 8 March – [International Womens Day](#)
- 11 to 17 March – [Neurodiversity Celebration Week](#) – #NeurodiversityCelebrationWeek
- 14 March – [University Mental Health Awareness Day](#)
- 15 March – [World Sleep Day](#) – #WorldSleepDay
- 16 March – [Young Carers Action Day 2023 | Carers Trust](#)
- 20 March – [International Day of Happiness](#) – #InternationalDayofHappines
- 25 -31 March – [World Autism Acceptance Week](#) – #AutismAcceptanceWeek
- 30 March – [World Bi-Polar Awareness Day](#) – #WorldBipolarDay

.....

Simple things to feel positive this spring

Why it matters:

In March each year, we celebrate the [International Day of Happiness](#), Neurodiversity and the emotional wellbeing of our children and young people.

It is also [World Sleep Day](#) which is a really good way to recharge your batteries, and your brain works through all those knotty issues that always feel much better or easier to face after a good night's sleep. Sometimes the simple things like eating well, sleeping well, staying hydrated, going for a walk are what swings your mood back to feeling positive.

What is the International Day of Happiness?

It's a day to be happy, of course! Since 2013, the United Nations has celebrated the [International Day of Happiness](#) as a way to recognise the importance of happiness in the lives of people around the world. In 2015, the UN launched the [17 Sustainable Development Goals](#), which seek to [end poverty](#), [reduce inequality](#), and [protect our planet](#) – three key aspects that lead to well-being and happiness.

The United Nations invites each person of any age, plus every classroom, business and government to join in celebration of the [International Day of Happiness](#).

Happiness and positive learning: [Our blog](#) | [Emotionally Friendly Settings](#)

[Emotionally Friendly Schools](#) | [Partners in Salford](#)

[5 ways to wellbeing](#)

Resources and Links:

[Anna Freud National Centre for Children and Families](#)

[Home - Kooth](#)

[Improving children's mental health in schools – Place2Be](#)

[42nd Street](#) | [Home](#) |

ND Local offer: [Salford's neurodevelopmental offer](#) • [Salford City Council](#)

[Young carers](#) • [Salford City Council](#)

Celebration of Neurodivergence.

[20 Famous People with Autism Spectrum Disorder \(ASD\)](#).



My Pledges

This month I will....

Take part in #WorldSleepDay and tell us about your [World Sleep Day 2023 activity](#)

.....

Actively promote my wellbeing by being active, learning, taking notice and connecting with others by visiting an interesting place in Salford, for free.

.....

[Home](#) | [Visit Salford, Parks and open spaces](#), [Volunteering with the rangers](#)

.....

Organisation pledges

As an organisation, you can keep your organisation well too. Take part in the monthly pledges and encourage everyone to take part.

April - Let go of your worries one day at a time.

As an organisation, we will take part in the 30-Day Challenge – Pick one action from your physical, mental and emotional wellbeing to carry out every day. [It takes 30 days to turn actions into habits](#)

May – Spend time outside and smile

As an organisation, we will do our bit to become an Active Workplace. We will produce plans on our website Active Travel to encourage our staff, clients and customers to get to us on public transport, cycling and walking. [Transforming Salford into an active city](#)

June – Making a difference

As an organisation, we support [Better Off in Salford](#). We benefit from the opportunities that volunteers can help us achieve. We will review our volunteering policies to check we are open and inclusive and fully supporting our volunteers as we do our staff. We will support our carers with flexible working.

July – Out and about this summer

We will look out for our staff and customers to [Beat the heat](#) and help keep cool and hydrated. Our staff and customers will have great ideas how to do this. It may be a good opportunity for a summer quiz or an away day. As an organisation, we may take part in charity runs or other activities to raise funds for a good cause.

August - Mental Health benefits of creative activities

Did you know creativity, innovation and productivity are closely linked, and it really helps staff morale. You can take advantage of the summer holidays to run a creative health and wellbeing day for your staff. Click here for [resources](#) that can help from the Salford Museum and Art Gallery or book a Creative Away day at the [Ordsall Hall](#).

September – Month of Hope

As an organisation, we will run mental health awareness sessions and connect with the activities taking place in Salford and across Greater Manchester. We will review our policies for sickness absence to make sure our staff have access to mental health support when they need it. We will support staff to undertake the [Save a Life](#) training. [Specialist Mental Health Services in Greater Manchester](#)

October – Balance your finances and reward your staff

Every organisation which pays the Real Living Wage reports they are more productive and are more able to keep staff because their employees feel valued. They also find it easier to recruit staff. It really matters to make ends meet for your staff, their families and improves the experience of your customers. Help make [Salford a Living Wage City](#)

November – Ease the pressure at home and at work

Arrange for your team to have blood pressure checks and make sure they have time to go for vaccination and routine appointments for any long-term health conditions. Find out more about the [10 stress busters](#) and set aside time for exercise and regular breaks during their working time.

December – health at home

Many staff are now working from home flexibly or hybrid or routinely. As an employer, you have the same health and safety responsibilities for people working at home as for any other worker. Things you should consider as part of your [risk assessment](#) for home workers include: [stress and poor mental health](#), [their working environment](#) and using [equipment like computers and laptops safely](#).

January – New Year resolutions for Mind and Body

As an organisation we will support Dry January and Brew Monday. We will review our business plan for the year from the point of view of keeping a healthy workforce which will give productivity returns and better staff retention and motivation. We will undertake our own self assessment against the [Workplace Wellbeing Charter - Health at Work](#)

February – learning is a lifelong journey

As an organisation, we will commit to the Daily Mile to school and work. We will find ways to offer more apprenticeships to help people on their journey through learning. A toolkit is available to help you plan and promote your activities for [National Apprenticeship Week](#).

March – Simple things to feel positive

One third of carbon emissions in Salford are from industry. We will pledge our own simple changes to contribute to [environmental sustainability](#) and a greener Salford. For [Neurodiversity Celebration Week](#), we will use the Business Resources to raise awareness and celebrate the value that each individual brings.



Thriving in Salford

Acknowledgments

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